

Weekly Update –October 21

Walkathon Final Update:

  **FUNDRAISING RESULTS ARE IN!** 

We are thrilled to announce that together, we raised an incredible **\$39,104.30 toward our \$45,000 fundraising goal!** 

That's nearly **87% of our goal**, and we couldn't have done it without the amazing generosity, enthusiasm, and support of our community!

 **A HUGE SHOUT-OUT TO OUR TOP-FUNDRAISING GRADES!** 

 **Grade 7 — \$7424.20**

 **Grade 5 — \$5661.60**

 **Grade 4 — \$5383.00**

Way to go, everyone! Your hard work, teamwork, and dedication truly embody our theme, “**Root Down, Step Up!**”  

 **CONGRATULATIONS TO OUR TOP 3 INDIVIDUAL FUNDRAISERS!** 

 **Sophia Szpyra**

 **Austin Hayek**

 **Arwyn Hayek**

A huge round of applause for these outstanding fundraisers!  Thank you for going above and beyond, inspiring others, and helping make such a tremendous impact. Your efforts truly show what it means to step up for our community! 

 **A SPECIAL THANK-YOU TO STARBUCKS HIGHGATE!** 

Thank you to Starbucks Highgate for generously donating coffee and helping fuel our fundraising efforts! We truly appreciate your kindness and support. Small acts of generosity make a big difference! 

 **THANK YOU TO OUR AMAZING COMMUNITY!**

To everyone who donated, volunteered, participated, encouraged our students, and spread the word — THANK YOU! Every contribution helped us grow stronger and bring us closer to our goal.

Although we didn't quite reach our \$45,000 target, raising **\$39,104.30 is an incredible achievement** that we can all celebrate. Every dollar represents the heart, effort, and generosity of our community.

Our theme says it all: when we put down strong roots and step up *together*, amazing things happen!

 **ROOT DOWN. STEP UP. GROW TOGETHER.** 

Thank you for making this fundraiser such a success!   

(FINAL NOTICE) Start Talking to Your Kids About Sex: A Practical Guide for Catholics

With Dr. Julia Sadusky

Corpus Christi Parish, Vancouver

Friday, October 30th | doors open at 6:30pm; presentation begins at 7:00pm

Parents, educators, caregivers, and youth ministers of Catholic children aged 0-18 will learn practical tips for talking about human sexuality with young kids and teens through a faithfully-Catholic lens.

Why Attend This Workshop

- Feel more prepared and confident discussing sensitive topics with children and teens
- Learn practical ways to bring a faithfully Catholic perspective to conversations about sexuality
- Ask questions during the live Q&A with Dr. Sadusky
- Connect with other parents, educators, caregivers, and youth ministers navigating these conversations

Registration is required. Please visit [Start Talking to Your Kids About Sex: A Practical Guide for Catholics](#) for more information.

**This is the same presentation we offered last year that some of our families attended and found very enlightening. Parents are strongly encouraged to attend. Dr. Sandusky will be here IN PERSON.*

School Photo questions - click on this [link](#).

✓ This is a reminder that each child received an **Express Proof** with a unique **Personal Online Code**. This code is required to view and order your child's portraits.

Retakes are Wed., Nov. 4 in the morning.

If a parent has misplaced their form, you can contact the studio at studio@photoexpressions.ca or call [604-477-7399](tel:604-477-7399).

HALLOWEEN

-  Students may come to school on Friday in **costumes** suitable for a Catholic elementary school OR  They may also wear **black and orange** play clothes with simple accessories.
 - ✨ Saints costumes are strongly encouraged!
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GOOD SHEPHERD MINISTRY – HALLOWEEN CANDY DONATIONS

-  After trick-or-treating on Oct. 31, consider donating candy to the Good Shepherd Ministry.

- 🙏 Candy and positive messages of hope will be distributed on the Downtown Eastside.
 - 🎃 Look for the large pumpkin containers near the prayer table in the front hallway.
 - ❤️ A meaningful way to live our SFdS values: Faith – Learn – Mercy – Engage – Serve.
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🕯️ WE REMEMBER

- 📖 Families were sent a page home with their oldest and/or only child to record the names of loved ones you wish us to pray for during November, please have them returned to the office by Friday, November 6th.
 - 📖 Submissions are compiled into a *Book of Remembrance* displayed on our school prayer table.
 - ❤️ Thank you for helping our students reflect on faith, love, and remembrance.
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👤 Calling all SFDS dads!

👟 Looking to get some exercise and a break from the day-to-day grind?

👟 Need to lower that blood pressure, cholesterol, or looking to unwind?

🏃 We're excited to host our second sports night.....

👟 Join us Tuesday, come play with all your might!

🌟 See you on November 3rd at 830pm in the SFDS gym for a fun, relaxed evening.

If interested, please text your first and last name to Joe +1 (778) 628-7103 so we can plan accordingly.

James and the Giant Peach Jr. - Rehearsals

Our first rehearsal will take place tomorrow from 3:15-4:20pm in the music room. Parents can pick up students by 4:30pm at the front doors. Rehearsals will continue weekly at this time on Thursday afternoons.

Cast members received their scripts last week and should have read through the story and familiarized themselves with the show.

You should have also received a letter outlining the commitment including the dates of the shows.

Please click on this [link](#) from our website to learn more details.

Fraser Health Monthly Health Message - this may be found on our website at this [link](#). 📱
You Will Learn:

- 💡 Why screen time matters
 - 🏠 How to choose quality screen time at home
 - ⌚ Recommended screen time limits for children
 - 🌱 Simple ways to encourage healthy screen habits
 - 🔗 Helpful resources for families
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PEC NEWS

- 💡 Fundraising feedback → SFdS.PEC.feedback@gmail.com
 - 🧑 Volunteering questions → participation.sfds@gmail.com
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Upcoming Events

Friday **Oct. 30** Wear Halloween costumes/accessories to school

Tuesday Nov. 3 🏀 Gym Night for Dads 8:30

Wednesday, Nov. 4 📷 Photo retakes; school Mass: Grade 7

Saturday, Nov. 7 🏰 Spirit Day (for grade 7 students)

Tuesday, Nov. 10 🕊️ **Remembrance Day Assembly @ 10:45 by Gr. 5**

Wednesday, Nov. 11 🇨🇦 Remembrance Day (no school)

Friday, Nov. 20 📝 Professional Development Day (no school for students)

Friday, Nov. 27 ❤️ Wear purple/blue playclothes in anticipation of Advent

Sunday, Nov. 29 - 🛖 Advent starts

Monday, Nov. 30 - ⌚ Early dismissal: earthquake release drill @1:45

Extracurricular Practices and Events - Nov. 2-6

	Monday	Tuesday	Wednesday	Thursday	Friday
8:05-8:55	Gr. 6 Girls Volleyball Mrs. DiFran & Ms. Casey Gym		Primary Choir Ms. Walmsley	Intermediate Choir Ms. Walmsley	
LUNCH				Gr. 4/5 Girls Volleyball Mr. Penney Gym	
3:10-4:10 pm	Gr. 4/5 Girls Volleyball Game Vs St. Michael's SFDS Gym	3:15 Gr. 6 volleyball game vs SPX (leave by 2:15)			

IMPORTANT NOTES:

Students who are members of a team should have their **PE strip at
school **every day** in case we need to move practice times**

*Depending on playoffs.